



WASHINGTON MILITARY DEPARTMENT PROCEDURE

Safety Procedure Number 01-070-06

FALL PROTECTION PLAN FOR CONSTRUCTION / MAINTENANCE EMPLOYEES

The Department recognizes the inherent danger of falls associated with construction, maintenance work, demolition and materials handling activities in which a fall hazard of ten feet or greater exists.

1. PROGRAM MANAGEMENT

a. Fall Protection Plan Manager shall:

- (1) Select individual(s) for designation as a competent person(s).
- (2) Coordinate fall protection training, consistent with the WMD Fall Protection Plan Syllabus Outline for Human Resource Development Information System (HRDIS) Code 01-07-SC3A, for the competent person(s). Training shall include at least 2 of the following:
 - (a) Training video entitled: "Personal Fall Protection Hook Up" with accompanying handbook;
 - (b) Training on proper selection, use, and care of equipment available through equipment manufacturers and vendors;
 - (c) Fall protection workshop provided through the Washington State Department of Labor and Industries.

b. The designated fall protection competent person (s) shall:

- (1) Coordinate with facility maintenance and/or construction staff, the Fall Protection Plan Manager, and division managers and supervisors to determine and acquire appropriate fall protection equipment needed to conduct construction/maintenance tasks.
- (2) Coordinate and document training, consistent with the WMD Fall Protection Plan Syllabus Outline for HRDIS Code 01-07-SC3A, for all employees required to use the fall protection equipment.
- (3) Write a fall protection work plan for each project where a fall hazard of ten or more feet exist using MIL FORM 911 Fall Protection Work Plan and ensure that all fall protection equipment is inspected and that a MIL FORM 912 Fall Protection Equipment Inspection Checklist is completed prior to implementing the fall protection work plan.

- (4) Complete and review the MIL FORM 911 Fall Protection Work Plan with the employee (s) assigned the job and posts a copy at the job site.
- (5) Monitor the job site to ensure implementation of the fall protection work plan and amend it as necessary. Coordinate actions with the assigned employees.
- (6) When the project is completed, file the MIL FORM 911 Fall Protection Work Plan in a centralized location that accommodates easy retrieval. Retain the completed Fall Protection Work Plan for a three-year period.

2. COMPLETING THE FALL PROTECTION WORK PLAN MIL FORM 911.

- a. Location: Review all jobs and tasks to be done (e.g., replacing shingles on a roof, siding on a building, replacing skylights, painting the exterior of a second floor building, etc.) After the fall hazard has been determined, identify it on the location line. Each fall hazard should be listed separately.
- b. Method: Determine the method of fall arrest or fall restraint that is to be provided for each identified fall hazard. Fill in the method determined for each location.

(1) Examples

- (a) Use scaffolding with standard guardrails for replacing siding or painting a building.
 - (b) Use a full-body harness with lanyard secured to an anchorage point for replacing a skylight or shingles on a roof.
 - (c) Use different kinds of fall protection such as fall restraint for those employees working away from the leading edge and fall arrest for those working near the edge of the unprotected deck to build the top deck of a building.
 - (d) If a safety monitor system is used, special care must be taken to ensure full compliance with WAC 296-155-24521.
- c. Fall Protection Equipment Procedure: Describe the procedures for assembly, maintenance, inspections, and disassembly of the fall protection system identified.

(1) Examples

- (a) Tube and coupler scaffolding with standard guardrails will be used when replacing siding on a building or painting the second story building exterior. The scaffolding will be erected and disassembled by "Z" Scaffolding Company. The job supervisor will inspect the scaffolding before allowing employees on it at the start of each workday and/or after any major changes in the weather conditions. The scaffolding must meet

the requirements of WAC 296-155-24510. Some critical items to remember are:

- 1) The scaffolding must be on a firm base;
 - 2) The plans document the verification that ensures the scaffold is in good condition and secured from shifting;
 - 3) The scaffolding must also be fitted to fill the scaffolding frame; and
 - 4) All open sides and ends of the scaffolding structure must be enclosed with standard guardrails and toe boards.
- (b) Fall arrest equipment, including approved full-body type III harness, lanyards, and horizontal lifelines attached to anchorage points will be used for replacing skylights or roof shingles.

(2) Operation / Maintenance:

(a) Fall protection equipment shall be:

- 1) Operated / assembled / disassembled only by properly trained construction / maintenance personnel,
 - 2) Visually inspected (Fall Protection Equipment Inspection Checklist MIL FORM 912) before each use and at regular intervals by the user for damage, wear, and mildew. Dirty webbing will be washed,
 - 3) Taken to the job supervisor for disposition to be repaired or destroyed, as appropriate if defective, and
 - 4) Put on by employees before climbing to heights ten feet or greater and snapped into anchor points or lifelines immediately after arriving at the elevated work surface.
- (b) Rope grab devices are prohibited for fall restraint applications unless they are part of a fall restraint system designed specifically for that purpose by the manufacturer and the use is following the manufacturer's instructions.

(3) Storage / Security of Equipment

- (a) Fall protection equipment not permanently attached to the structure will be stored.
- 1) This location must be secured with locks, etc.
 - 2) Equipment will be picked up at the start of each work day by using employees and returned at the end of the day.
- (b) Tools will be secured as follows:

- 1) Tool belts will be used to carry tools to the elevated work surface.
 - 2) Tools too large for the tool belt will be raised by rope and pulley.
 - 3) Hand tools will be returned to the tool belt immediately after use.
 - 4) Large tools, such as skill-saws, will be secured with a rope or cable.
- (c) Construction / maintenance materials will be limited and stacked on an elevated work surface in such a manner as not to be a falling or cause a tripping hazard.
- d. Special Requirements for work locations with fall hazards
- (1) The work area will be restricted to only essential employees.
 - (2) Employees must wear hard hats while working around an overhead work area.
 - (3) Areas under the work zone will have warning line barricades to protect against employees accidentally walking under it.
 - (4) A Safety Monitor (competent person) will scrutinize a system of fall restraints used in conjunction with warning line systems.
- e. Emergency Response
- If an employee is injured, the supervisor will evaluate employee's condition and appropriate, qualified staff will administer first aid. If the employee's condition appears serious, the supervisor or other designated person will call 911 to request immediate assistance.

3. DEFINITIONS

Anchorage - the secure point of attachment for fall-protection equipment which is capable of withstanding forces specified by WAC 296-155.

Approved - the component is tested and certified by the manufacturer, or recognized national testing laboratory, to possess the strength requirements specified by WAC 296-155-245.

Competent Person – means an individual knowledgeable of fall-protection equipment. This includes the manufacturer's recommendations and instructions for the proper use, assembly, inspection, and maintenance; and who is capable of identifying existing and potential fall hazards; and who has the authority to take prompt corrective action to eliminate those hazards and stop the job if warranted.

Fall-Protection Plan Manager - the person designated as responsible for the management and oversight of the fall protection program, including the selection and training of Competent Persons.

Fall Protection Work Plan - a written planning document that identifies all areas on the job site where a fall hazard of 10 feet or greater exists, the method of fall protection to be utilized to protect our employees, and the procedures governing the installation, use, inspection, and removal of the fall protection system. - See WAC 296-155-24505.

Fall Arrest System - the use of multiple, approved devices that are interconnected and rigged as to arrest (stop) a free fall of an employee, including such equipment as class III approved full-body harnesses and lanyards properly secured to anchorage points or lifelines; safety nets; or catch platforms - See WAC 296-155-24510.

Fall Restraint System - an approved device and necessary equipment that restrains an employee from falling, including such equipment as scaffolding with guardrails; approved safety belts or harnesses and lanyards attached to secure anchorage points; warning line system and/or safety monitor system - See WAC 296-155-24510.

Full-Body Harness - means a configuration of connected straps to distribute a fall arresting force over at least the thighs, shoulders and pelvis, with provisions for attaching a lanyard, lifeline, or deceleration devices.

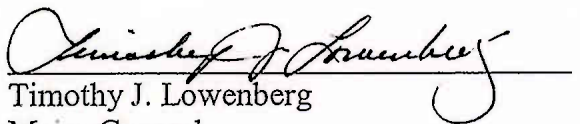
Lanyard - means a flexible line of webbing, rope, or cable used to secure a body belt or harness to a lifeline or an anchorage point usually 2, 4, or 6 feet long.

Lifeline - means a vertical line from a fixed anchorage or between two horizontal anchorages, independent of walking or working surfaces, to which a lanyard or device is secured. Lifeline as referred to in this text is one which is part of a fall protection system used as back-up safety for an elevated worker.

Safety Monitor System - means a system of fall restraint used in conjunction with a warning line system only, where a competent person as defined by this part, having no additional duties, monitors the proximity of employees to the fall hazard when working between the warning line and the unprotected sides and edges including, the leading edge of a low pitched roof or walking/working surface.

Warning Line System - means a barrier erected on a walking and working surface or a low pitch roof (4 in 12 or less), to warn employees that they are approaching an unprotected fall hazard(s).

This procedure will be reviewed and updated on a regular as needed basis.


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2 February 2006
Date